ACCUSPLIT® ALLIANCE 1520

ACTIVITY PEDOMETER
OPERATING INSTRUCTIONS

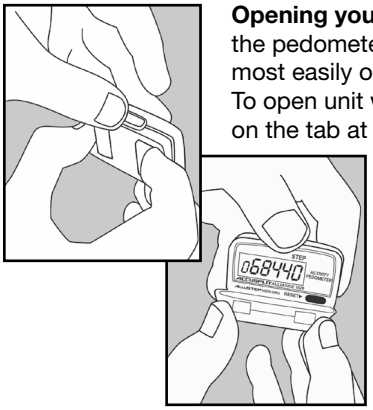
Congratulations on taking the first step to wellness with your purchase of an ACCUSPLIT pedometer. It's easy to set up your new pedometer. Just follow the steps below, and start walking!

WEARING YOUR PEDOMETER

While gently holding the belt clip open, slide the pedometer onto your belt or the top edge of your pants or skirt. It should fit snugly and level, above one knee.

Note: The pedometer should be as vertical as possible. Walkers with larger stomachs may find it helpful to wear the pedometer farther back on the body, toward one hip.

The cover must be closed for the pedometer to work. To avoid losing or dropping your pedometer, use the included leash and clip to fasten the pedometer securely to your clothing.

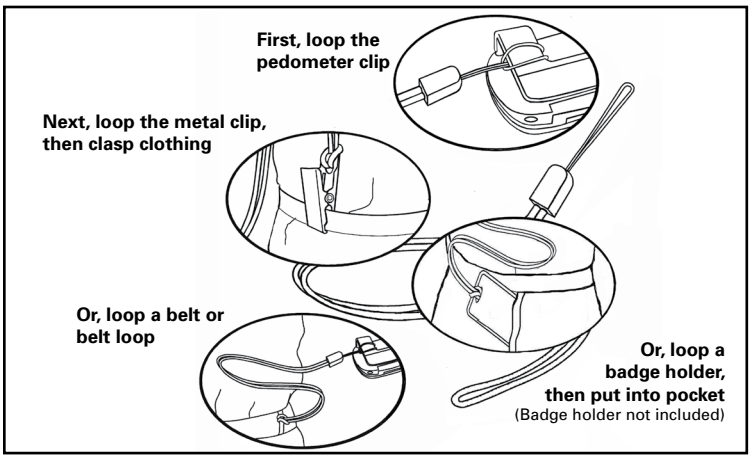


Opening your pedometer: You must open the pedometer to see your results. The unit is most easily opened while you are wearing it. To open unit while wearing, place your thumb on the tab at top. Use your thumb to pull the cover up and away from your body. If not wearing the pedometer, turn the unit so that the back side is facing you (see images at left). Grasp the belt clip with one hand, and then open as described above.

Attaching the Leash: Attach the pedometer to the leash by looping the leash around the pedometer belt clip. Next, clasp the waistband of your clothing with the Attached clip. You can also use a safety pin to fasten the leash to your clothing, loop the leash through your belt or belt loop or use a badge holder.

VIEWING YOUR RESULTS

Once you put on your pedometer with the cover closed, it will automatically begin to record your steps.


First, loop the pedometer clip
Next, loop the metal clip, then clasp clothing
Or, loop a belt or belt loop
Or, loop a badge holder, then put into pocket
(Badge holder not included)

DISPLAY MODES

- STEPs
  Counts steps taken since last RESET.
  Reset daily to count each day's steps.

RESETTING YOUR PEDOMETER

Most people prefer to reset step counts daily. To reset: Press and hold yellow RESET button for at least two seconds to reset to zero.

AUTO MOVEMENT SENSOR

1. To filter out random movements, the unit remains in standby mode until 5 continuous steps are registered. Only then are the 5 steps calculated in, and an Active indicator "▲" appears on the upper left of display.
2. When regular walk/run movement stops, after 2 seconds the timer pauses and the unit switches to standby status (Active indicator "▲" disappears).

REPLACING THE BATTERY

When the display starts to dim or goes blank, it is time to replace the battery. Your pedometer uses one Type LR44 1.5 volt alkaline battery. To replace:

1. Insert a coin into the slot on the bottom of the case, and twist counterclockwise to loosen the case front. Lift case front away.
2. Using a pen or other thin object, push battery sideways out of its holder. Replace it with a new battery. The battery's positive (+) terminal should be FACE UP while you put it into the pedometer.
3. Align case front over the pedometer and press gently to snap cover back into place, starting with top.

REGISTER NOW Please return your AL1520 Registration to the Repair Center address in the warranty, and we will let you know about future products.

Email (preferred) _____

User _____

_____

NO-PROOF-OF-PURCHASE LIMITED WARRANTY
See label inside the lid of the pedometer.

Eat Right! Walk More! Live Well!
The ACCUSPLIT Lifestyle

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